

Adult Dance Ballet / Yoga

土瓜灣TKW	太子PE	黃埔WP	將軍澳TKO	德福TF
Pilates (一)Mon 9:30-10:30am RI	Beginners (一)Mon 7:30-8:30pm AH	Beginners (一)Mon 9:30-10:30am PL	Beginners (一)Mon 9:30-10:30am AgC	Beginners (一)Mon 12:00-1:00pm EW
Stretching (一)Mon 10:30-11:30am RI	Stretching (一)Mon 8:30-9:30pm AH	Stretching (一)Mon 10:30-11:30am PL	Stretching (一)Mon 10:30-11:30am AgC	Stretching (一)Mon 1:00-2:00pm EW
Yoga (二)Tue 9:30-10:30am MF	Dance (二)Tue 7:30-8:30pm AH	Yoga (二)Tue 9:30-10:30am MF	Dance (二)Tue 9:30-10:30am TC	Dance (二)Tue 12:30-1:30pm AgC
Ballet Fit (二)Tue 10:30-11:30am	Pilates (二)Tue 8:30-9:30pm RI	Ballet Fit (二)Tue 10:30-11:30am RI	Pilates (二)Tue 10:30-11:30am TC	Pilates (二)Tue 1:30-2:30pm RI
Ballet Fit (二)Tue 8:30-9:30pm TC	Yoga (三)Wed 7:30-8:30pm MF	Allegro (三)Wed 9:30-10:30am AgC	Yoga (三)Wed 9:30-10:30am MF	Yoga (三)Wed 12:00-1:00pm MF
Ballet Fit (三)Wed 9:30-10:30am EW	Ballet Fit (三)Wed 8:30-9:30pm AH	Dance (三)Wed 10:30-11:30am AgC	Ballet Fit (三)Wed 10:30-11:30am TC	Ballet Fit (三)Wed 1:00-2:00pm PL
Dance (四)Thu 9:30-10:30am RI	Allegro (四)Thu 8:00-9:00pm RI	Dance (四)Thu 9:30-10:30am TC	Allegro (四)Thu 9:30-10:30am PL	Allegro (四)Thu 12:30-1:30pm RI
Yoga (四)Thu 10:30-11:30am MF	Dance (四)Thu 9:00-10:00pm RI	Pilates (四)Thu 10:30-11:30am TC	Dance (四)Thu 10:30-11:30am PL	Dance (四)Thu 1:30-2:30pm RI
Ballet Fit (五)Fri 10:30-11:30am RI	Beginners (五)Fri 8:30-9:30pm RI	Beginners (五)Fri 9:30-10:30am TC	Beginners (五)Fri 9:30-10:30am EW	Beginners (五)Fri 12:00-1:00pm AgC
	Ballet Fit (五)Fri 9:30-10:30pm RI	Ballet Fit (五)Fri 10:30-11:30am TC	Ballet Fit (五)Fri 10:30-11:30am EW	Ballet Fit (五)Fri 1:00-2:00pm AgC

修改日期: 11 Mar 2023